

## II. Workshop Overview

The Enlightened Diner workshop is designed to be held in a 45-60 minute time frame. The workshop features topics related on how to become an “Enlightened Diner” when thinking about your health and diet.

Highlights of the session include:

- an exploration of the participant’s dining out habits
- a comparison of the Food Guide Pyramid recommended size servings to restaurant portions
- how to decode menus from ethnic and fast food restaurants
- a food demonstration.
- the session concludes with healthy tips on how to eat on the run and on the road.

- ✓ An **evaluation form** is included for the participants to fill out.
- ✓ The **background information** that the trainer will need to read with before running the workshop is included in the appendix.
- ✓ The **preface** provides the rationale for the workshop.
- ✓ The **workshop format** gives information about the supplies and handouts.
- ✓ The **handouts** are located in the appendix.
- ✓ The **trainer’s agenda** describes the activities and content that will be included during the session.

The format of this workshop has been designed for flexibility, as to meet the needs of the trainer and the audience. The trainer can choose to modify the format based on the time and resources available.